

BEDTIME ROUTINE

Name: _____ Week of: _____

Pick up toys & clear floor

6:30 PM

Pack school bag & check homework

6:45 PM

Choose clothes for tomorrow

7:00 PM

Bath / Shower & PJs

7:15 PM

Brush teeth & Wash face

7:45 PM

Reading time (20 minutes)

8:00 PM

Lights out / Sleep

8:30 PM

Notes / Reward Goal: